**At home project**

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| Goals/ Tasks |  |  |  |
| Sitting in the chair | Hands on tummy  Hands folded on tummy | The goal is to “practice a dental visit” Begin with Sstting still on a chair for 5 minutes and then begin increasing the time to 10-15 minutes. The care giver will also instruct the patient to put “Hands on Tummy” . This a safety mechanism to prevent hands from suddenly coming up around the face. | cid:04e9c2d1-c61b-4b8b-98b3-1eb9ccc424ea@CANPRD01.PROD.OUTLOOK.COM |
| Gloves..taste and feel | Touching | The care giver will put the gloves on and follow the sequence. Note is the patient wants to try a glove on that is fine..avoid games though..   1. Touch the patient’s hands (while resting on the tummy) 2. Coming from behind the patient, take hands and touch both cheeks (one hand from the left, one from the right) 3. After comfortable with touching the cheek touch the lips 4. Once comfortable, touch the front teeth 5. Once comfortable place hands in the mouth placing fingers between the cheek and teeth . 6. Once the patient is very comfortable you can place fingers inside the teeth near the tongue but remember to take care as a jaw can close quickly. |  |
| Happy tooth | Stuffie that the patient can hold during program | Goal is to have the patient associate this stuffie with dental procedures | cid:fa9c75b8-fb69-4c56-bdf2-403ee4f06cab@CANPRD01.PROD.OUTLOOK.COM |
| Open wide | Goal is to have the patient follow the instruction | Care givers can make this a fun activity. Open really wide. Care giver can also open his/her mouth so that the patient can mimic. Open wide like a lion, or roar like a lion, open as if you were eating your favorite food. Reward the patient for opening |  |
| Clear glasses | For care giver | The dentist or hygienist will wear protective glasses. Glasses can make the person look different. The care giver should wear glasses to mimic the dentist or hygienist. |  |
| Dark glasses | For the patient | Dark glasses (or the clear ones) are used to protect the patient during dental treatment. The care giver can practice having the patient wear the glasses. Dark glasses can be helpful if light sensitivity is a concern. |  |
| Masks | Care giver | The dentist or hygienist will wear a mask. This covers the face and makes the person look different. The patient can still hear the dentist or hygienist “ you can still hear my voice, but I look different “ if the patient lip reads, practice taking the mask on an off as the dentist or hygienist will keep the mask on during treatment and remove it to talk. If the patient does lip read, always remember to remove the mask so that the patient knows this will happen. Included in the kit are masks of different colours. When a mask is placed correctly, it will cover the chin, mouth and nose. |  |
| Water | Care giver | Water is used to rinse off the teeth. It is important to be able to place water into the mouth (small sip) and then have the patient spit into a dixie cup |  |
| Saliva ejector | Care giver | These fancy white straws are used to take water out of the mouth. The instructions are to place the “straw” into the mouth and “kiss the straw” When the patient kisses the straw, the lips close on the straw and suction(vacuum) will be created removing the water. |  |
| Toothbrushing | Care giver wears gloves | Place the toothbrush bristles on the gum and the tooth. Dental plaque lives where the tooth meets the gum. Brushing here is the most effective and helps the patient get comfortable with feeling a sensation on the gum and tooth. If the patient using an electric brush, the care giver would use gloved hands on the brush handle. Remember the goal of this exercise to introduce dental procedures and not to effectively brush teeth (this is a separate important goal)  Toothpaste: it is recommended that a small pea size amount of fluoridated toothpaste be used. Toothpaste comes in mint and berry flavours. High concentration fluoride toothpastes such as Colgate Prevident and 3M 5000 are excellent toothpastes to help make teeth stronger. These are used once a day preferably at night. Try to have the patient spit out the toothpaste into a sink to avoid swallowing excess toothpaste. If the toothpaste is swallowed it is not dangerous, but can upset some tummies..if the patient can have milk, the milk will quickly settle down any tummy upset. | cid:eebda192-47c0-4e85-9bb8-f99c301834e1@CANPRD01.PROD.OUTLOOK.COM |
| Floss/  Proxabrush | Care giver wears gloves | Floss is not the most effective way to clean in between the teeth so this is only used once the care giver knows the patient will not close the teeth. A small brush called a proxabrush/or Go between is much safer and more effective to clean in between teeth than floss. The care giver would wear gloves and place the small brush in between the teeth and keep the gloved hands on the outside of the teeth | cid:3b601a40-236f-4ed7-a6e3-9249e13faf1a@CANPRD01.PROD.OUTLOOK.COM |
|  | Care giver should not have gloves on to put the bib on | The bib clip is clipped on the bib and is draped around the back of the neck. “Bib means business” . The dentist or hygienist will place a bib on to keep the clothes clean..The bib goes on right before the chair is reclined. Practice putting the bib on, keeping hands on tummy and lying back on a bed or in a reclining chair. Once the patient is lying down, the care giver should approach the patient from behind or slightly to one side as this is where the dentist/hygienist will sit. Note, this is also the best way to access the mouth for regular toothbrushing and in between the teeth cleaning. The bib is not removed until the patient sits up and sits still for at least one minute. Patients can sometimes feel dizzy if they sit up too quickly so it is important to sit still for a minute before moving. |  |
| Flash light |  | The flashlight and head lamp are included to mimic the dental light. The care giver can follow the same sequence as the glove touch. First light up the hands and let the patient see the light on the “hands on tummy” . slowly move the light to the chin, lips and then the teeth. When the light is on the teeth, the care givers can be excited to see the teeth and how bright they look. |  |
| Mouthwash |  | Mouthwash is often used at the beginning of an appointment. It is not mandatory but you can place a small amount on the tongue to help the patient get used to the taste. No need to push if the patient does not like it |  |
| Gauze on lip/cheek/tongue |  | In order to see in the mouth, the tongue is usually pulled slightly forward and out of the mouth. Tongue are slippery so a gauze is wrapped around the tongue so that the care giver will be able to hold the tongue with the gloves. Note: do not pull hard on the tongue. Practice placing the gauze around the tip of the tongue and just holding it. Once comfortable, the care giver and pull the tongue slightly. |  |
| Stop signal |  | It is important to have a stop signal..a red card for the left hand is excellent..the patient can hold it on their lap with hands crossed on their tummies and then raise their hand with the card to create a stop . Cards are better than anything on a stick..any stuffy (tooth) or other that is used for soothing can be in the right hand..the left hand for the signal is important as it is easier for the clinician to see. |  |
| Long Q tips | Care giver | The long q tips are used to begin to count. Teeth will be looked at by the dentist or hygienist as they count. The care giver will first count the patient’s fingers..1 -10 the care giver can begin counting as many fingers as the patient is ready to count. Once the fingers can be counted. The care giver will get the patient to open wide and touch as many teeth with the soft end of the Q-tip as possible.. touch the top end of the tooth. This is an important step and can be taken slowly. |  |
| Mirror in the mouth |  | The dental mirror is included for two reasons. Mirrors are needed to see in the mouth. Always let the patient see themselves in the mirror. Pick the mirror up and hold it over their eyes so they can see themselves. With gloved hands, the care giver will use the mirror to see the patient’s teeth. Always approach the patient from behind when using the mirror. The handle of the mirror can be used to touch the teeth gently. This is the beginning of the feeling of metal touching a tooth. It creates a sound and sensation. |  |
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